



Australian Association for  
Infant Mental Health Inc.

## AAIMHI 2018 National Speaker Tour Queensland Branch seminar

### **Mothering from the Inside Out: A mentalization-based therapy for mothers in addiction treatment**

Parents with substance abuse disorders and mental illness face unique challenges as parents that may not be addressed by parenting programs available in the community. *Mothering from the Inside Out* (MIO) is an evidence-based intervention for mothers with addiction and mental health problems. MIO is grounded in attachment theory and takes into account the unique neurobiological, psychological and sociocultural implications of addiction and mental illness for parenting young children.

Nancy Suchman, Ph.D. is a licensed Clinical Psychologist and Associate Professor of Psychology at Yale University School of Medicine in the Department of Psychiatry and the Yale Child Study Center. For over 20 years, Dr. Suchman has been developing and evaluating parenting interventions for mothers with substance use and psychiatric disorders. Her research is grounded in attachment-based approaches and informed by the unique neurobiological, psychological and social implications of addiction and mental illness for parenting. Dr. Suchman is also a graduate of the Western New England Psychoanalytic Society's 2-year training program in Psychodynamic Psychotherapy. This is her first time presenting in Australia.



Date: Monday 03 September, 2018  
Location: Queensland Multicultural Centre  
102 Main St, Kangaroo Point QLD 4169  
Time: Registration from 8:30am

Registration via Eventarc <https://register.eventarc.com/40813/mothering-from-the-inside-out-a-mentalization-based-therapy-for-mothers-in-addiction-treatment>

Cost: **Early Bird (until Friday 27 July 2018)**  
\$200 - AAIMHI Member Early Bird                      \$240 - Non AAIMHI Member Early Bird

**Registration from Saturday 28 July – Friday 31 August**  
\$230 - AAIMHI Member Full Registration                      \$280 - Non AAIMHI Member Full Registration

#### OVERVIEW OF DAY

- An overview of the theoretical framework including attachment, mentalization, neurobiology of addiction and parenting
- An overview of the Mothering from the Inside Out Treatment Approach including format, setting, components, therapeutic techniques, treatment progression
- An overview of clinical and research assessments, research design, and results of two randomized clinical trials
- Two case presentations of mothers with substance use disorders who completed the program (inc video)
- Opportunities to practice therapeutic techniques in role plays